

CONTACT

MAGAZINE FOR AND ABOUT MEMBERS OF THE 349TH AIR MOBILITY WING
TRAVIS AIR FORCE BASE, CALIFORNIA

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DECEMBER 2001



Happy Holidays

Enjoying the festive holiday season, creating family time

Welcome to the December UTA! I'm sure mobilization is on everyone's mind so I'll go over that first.

My general guidance still applies – as soon as we know, we'll let you know. All the rest is just rumor. We have had only one more activation since last month and that was nine more security forces personnel to bring our wing total up to 268.

The Air Force Reserve Command currently has 9,002 members mobilized including all of the command's security forces! You may have heard some talk among active duty personnel of returning to "normal" operations. That's the wrong word to use. When you have members of the Guard and Reserve mobilized, things are definitely not normal.

The peacetime guidance, for instance, that Air Force members should keep their amount of TDY time under 120 days is certainly not valid. There is, however, a legitimate need to be able to sustain our current operation for the long haul. To run 12-hour shifts indefinitely or deploy members for 365 days continuously is unrealistic. So the number is somewhere in between 120 and 365 and we are grappling with the issue of what is reasonable and sustainable for the long haul when we don't know exactly how long a haul it will be. But rest assured that things are not "normal" and the senior leadership of AFRC is committed to mobilizing our forces only when it is absolutely necessary.

While we are on the subject of mobilization, I want to make sure everyone is clear on AFRC's commitment to our reservists. The term of the mobilization was one year with a possible extension for another year. What happens if the need for our reservists is less than a year? Will you suddenly be released? The answer is it depends. We have made a commitment to you for no less than one year. We will keep you gainfully employed for that time period. If, on the other hand, your employer wants you back and you're ready to go, we can release you early. Either way, you're covered.

I need your help on something. The

military pay office is getting backed up because of a couple things we hope are transitory.

The first is the new opportunity to sign up for the Thrift Savings Plan, something I highly recommend. Since it's new, we have a lot of folks signing up for it right now and we hope that the workload will decrease over the next couple months.

The second increase in workload is making sure the paperwork for all our mobilized reservists is right. Again, this issue should smooth out shortly. At any rate, there is a need for the pay office to close their doors and concentrate on getting all their necessary inputs done correctly the first time. So we will be closing down for two hours two days a week, Tuesday and Thursday between 8:30 - 10:30 a.m.

Please bear with us while **Linda Karchesky** and the rest of our favorite pay technicians get things straightened out for what we hope will be a short need to close for a couple hours.

Maj. Gen. Wallace Whaley, AFRC/DO, visited the other day. He congratulated us on the execution of our flying hour program for last year. I know many of you worked this issue hard for the last two months of the fiscal year including all of the operators and all of maintenance. My hats off to you all for an outstanding job performed accident free! Particular thanks to **Senior Master Sgt. Cindy Dunn** for her great work getting us credit for all the hours we flew. Our goal as a command was 98 percent and we actually finished at 99.3 percent! We certainly did our part.

I hasten to add, however, that even though we won last year's race, we are already off and running again on this year's program. It's still early but things are looking good so far, particularly on the C-5 side. That good start, incidentally, is due in no small part to the outstanding work of our activated maintainers. The 144 five- and seven-level warriors that we brought to the fight have kicked the C-5 mission capable rate up into the 70 percent plus range. Not bad for an old war horse and significantly above all other units operating the weapon system. Keep up



Pass and Review

By Col. James T. Rubeor

the great work!

Here's another great news story that makes me feel so honored to come to work here every day. We just finished our annual Combined Federal Campaign. Our goal was \$17,857 and we collected \$29,571.74, 164 percent of our goal. Wow!

My personal thanks to everyone who contributed but a special thanks to **Senior Master Sgt. Dave Taillon** and the key workers: **Tech. Sgt. Anna Hamblin, Staff Sgt. Irene Maquindang, Master Sgt. Patricia White and Mr. Jack Watts**. You can tell a lot about people by how they spend their time and treasure and not only do all of you spend your time out here as citizen airmen but you spend your treasure on charities like the CFC. I salute you!

A reminder about the new physical exam process. Physicals are now by appointment! No more showing up en masse at 8 a.m. You should be given a specific time and place to show. If not, ask your unit health monitor or call the AMDS at (707) 424-2507, and they will help you.

Another reminder that the unsupported UTA for December will be A Flight. Before I close, Michele and I want to extend our warmest wishes to you and yours for the holiday season. We as a nation have much to be thankful for this season but none of it would be possible without the hard work, dedication and sacrifice of dedicated men and women like you. It is my privilege and pleasure to serve with you. Enjoy the holiday season and best wishes for a great 2002!





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Missing your **CONTACT** magazine? The magazine is mailed each month to the address on file with Personnel Systems. If you aren't receiving your magazine, check with your orderly room or administration section to ensure your address is correct.

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December 2001

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11 Suicide prevention requires team effort

The AFRC Suicide Prevention and Violence Awareness Education Program relies on unit cohesion with emphasis on self-aid and buddy care. Direct unit commander and supervisor involvement is crucial to this program's success.

On the Cover



Operation Teddy Bears: Santa shows off the teddy bears that are given to the children of Bransford and Crescent Elementary schools. Operation Teddy Bears brings stuffed teddy bears, gifts and goodies to approximately 400 disadvantaged children in the local community. People interested in donating time or money for this worthwhile cause should call Senior Master Sgt. Patricia McReynolds at 424-0774. (file photo)

HOLIDAY SEASON: A TIME TO REFLECT

As you gather together with your family and friends to share this magical holiday season, it is my sincere wish that this will be a very special time for you and yours.

I would like to reflect on how your contributions to peace have impacted millions around the world.

Our operations and deployments around the world were successful because of the strong enlisted force in our command. From our continuing support of Operation Enduring Freedom to our day-to-day operations, the men and women of the 349th Air Mobility Wing have been there contributing to the security of our country and the world.

We have members overseas, some in

remote locations, and many who are stateside away from their families. We must all continue to remain ready to meet our nation's call and to deter those who would be our adversaries. There is no doubt in my mind that our Air Force is the best in the world because of all our people and leadership.

I also believe the 349th AMW moves to set the standard for the Air Force of tomorrow. I want to thank each person assigned to this wing military and civilian for all the support and help in helping me accomplish my duties this past year.

A special thanks to all commanders, chiefs, first sergeants and supervisors who are constantly taking care of our people.



Chief's Counsel

By Command Chief Master Sgt.
Anthony L. Maddux

Finally, I would like to express to each of you my personal best wishes for a blessed holiday season and a most prosperous New Year.

I thank you for your dedicated efforts this past year and for what I know will be our committed team efforts in the future.

Family Readiness Office wants home addresses

Information flow through email

The Family Readiness Office is here to help.

"We are here to help family members and wing members," said Jack Watts, director of the Family Readiness Office. "We are here for those deployed, looking to be deployed, and those members remaining stateside."

One way in which the office plans to help the members is through information dissemination.

"We are collecting e-mail addresses

of those people who would be interested in receiving up-to-date data via e-mail," said Watts.

The information to be distributed covers everything from TRICARE issues to where to find local child care services.

Those interested should e-mail their addresses to Jack.Watts@travis.af.mil, or phone the information to the family readiness office at 1-800-453-8011, and press 1.

FLIGHT LINE: What are you doing during the holiday season?



CMSgt. Daniel M. Gehm
349th EMS

"My squadron is serving hot chocolate and fresh baked goods to our folks working Thanksgiving."



SSgt. Robert Wade
349th AMW

"I'm going to enjoy spending a quiet day with my wife and father-in-law."



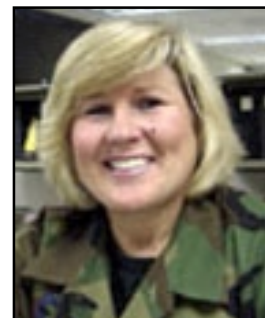
MSgt. Geraldine Bliss
349th MSS

"First I'm going to visit my daughter in Las Vegas and then I'll visit my parents in Porterville, California."



Col. Dan Mazza
349th AMDS

"I'll be roasting turkey, celebrating with my family, and eating plenty of pasta!"



TSgt. Colleen Rau
349th AMDS

"I'll spend the holidays with my husband and children."



New Commander: The 349th Aeromedical Staging Squadron welcomed its new commander, Col. Margaret Pay, during November's A flight UTA. Colonel Pay accepts the squadron guidon during the change of command from Col. Cindy Jones Sanders, 349th Medical Group commander, as Col. Bart Aspling (right), the outgoing squadron commander, looks on. (Photo by T.C. Perkins)

DOD announces new ways to express support

The Department of Defense today announced new ways for Americans to show support for their service members deployed overseas. The initiatives, made necessary by a moratorium on mail addressed to "Any service member," provide alternatives to traditional letter-writing campaigns. DoD suggests that Americans support the troops by instead supporting the communities in which they live.

One way to show support is by doing a good deed on behalf of service members. Visit a VA hospital or nursing home, or volunteer in the local community to help make up for service members who normally would volunteer but are now deployed or otherwise too busy with their duties. Many service members volunteer to coach children's teams, feed the homeless, and aid their communities in a variety of other ways. Interested Americans can show their support and honor their military by volunteering in their local communities.

Members of the community who know military families might want to offer their support by reaching out to those families while their loved ones are deployed.

A number of private organizations are developing Web-based methods for

Americans to show support. While donations of food and gifts for delivery overseas can no longer be accepted, interested Americans might contribute instead to military relief societies. For more information see http://www.defenselink.mil/news/Sep2001/n09172001_200109173.html.

All of these initiatives are in response to the suspension of the "Any service member" mail program for operations in Bosnia and Kosovo. Military postal officials will not be implementing a similar program for Operation Enduring Freedom. Operation Dear Abby, a morale booster for service members overseas for more than 17 years, will also be suspended. DoD officials are working on alternatives to that program as well.

Service members value and appreciate expressions of support from the American people, and these and other mail programs are a significant boost to morale. However, recent mail-related attacks have resulted in additional precautions and the safety of service members is paramount. The increased manpower required to ensure safe mail handling coupled with the increased volume of mail that letter-writing campaigns generate could exceed

capabilities, and therefore cannot be supported at this time.

Normal mail delivery addressed by name to individual service members will continue uninterrupted.

Commander's Call set for January UTAs

The 349th Air Mobility Wing commander will hold a mandatory Commander's Call in January at the Base Theater. The event will occur on Sunday at each UTA flight at 10:30 a.m.

Squadron commanders wanting awards to be presented need to have the awards to the public affairs office by Saturday of the UTA.

Due to the limited parking around the base theater and the base chapel it is recommended that unit members car pool or park at the 349th AMW headquarters building and walk to the Base Theater.

Adventure, activities, fun for everyone

By Tech. Sgt. Robin Jackson
Wing Public Affairs

Are the gray clouds getting to you? Not sure what to do or where to go in the area? Fun-filled activities are waiting for you at the Outdoor Recreation Office located in Bldg. 863, at 273 Ellis Drive on Travis AFB.

Outdoor Rec rents everything you need in sports equipment, camping gear and gardening tools. Get involved in the many outdoor adventure trips such as downhill and cross-country skiing, Christmas tree cutting, horse racing and rock climbing.

Outdoor Rec has ski trips set for every Wednesday and Saturday in the month of December. If you are a horse-lover or like

the action of betting on a race, join the trip to the Golden Gate Fields Horse Race track Dec. 16. Information, Tickets and Tours will do all the driving while you plan your strategy. The \$15 cost covers transportation only.

Get in the holiday spirit and relive a favorite old-time American tradition with a trip to Silveyville Tree Farm Dec. 9 and feel the satisfaction of cutting your own Christmas tree. The \$15 cost covers transportation only.

If sight-seeing is your passion, visit the Tickets and Tours office located just inside Outdoor Rec. Check out the huge selection of theme park discount tickets, ski passes information about California's points of interest and fun places to go.

The facility also offers an indoor climbing wall and belay clinic. The free belay clinic is offered every Tuesday from 6 p.m. to 8 p.m. This clinic will prepare you

for the climbing wall located inside Outdoor Rec. The Wall is also available to rent out for birthday parties.

Come join in the fun that outdoor recreation has to offer. Outdoor Rec has activities and equipment for everyone in the family. From renting equipment to signing up for sight-seeing trips, it is there for you. For more information, call (707) 424-0969.



Activated?

Dependents need new ID cards

When a member is recalled to active duty the member needs to update his or her ID card, but also must remember to change his or her dependent's ID cards as well.

"Families who do not have Active Duty Family Member ID cards will not be updated in the DEERS system," said Jack Watts, director of the family readiness office. What does this mean?

If the family does not go to the military personnel flight and get a new ID card once the military member is mobilized they will not be updated in the DEERS system and therefore considered ineligible for TRICARE.

Also, if the family decides to leave the area and go somewhere else while the military member is deployed TRICARE has to be notified that the family is in a different region than the home of record.

People with questions about TRICARE can call Watts at (707) 424-1616.

Airman goes from engineer to pilot

Where there's a will, there's a way.

By Capt. Gaelle Aronson

Wing Public Affairs

When 2nd Lt. Bill Lee pinned on his pilot's wings in October, it was the culmination of what has been, as he describes it, a great experience, and one that he would entitle "A Little Late."

Lee enlisted in the Air Force in April of 1989 in the 62nd Equipment Maintenance Squadron at McChord AFB, Wash., as a crew chief on the C-141. In 1992, he cross-trained to become a C-141 flight engineer in the 36th Airlift Squadron, since renamed the 7th AS. He then became an instructor engineer in the 7th AS from 1997 to 1998. He joined the Reserves in 1999 as an instructor engineer in the 97th AS.

Lee had been at McChord for 10 years when he met Chief Master Sgt. Al Cifelli, the 79th Air Refueling Squadron chief engineer. He talked to the Chief about positions at Travis, and soon interviewed for one. In 1999, he transferred to the 79th AS at Travis AFB as a flight engineer on the KC-10. Later, he applied for and got a position as an Air Reserve Technician as an engineer scheduler.

But ever since he could remember, then Tech Sgt. Lee had wanted to fly. Before he could become a pilot, he needed to get a college degree.

So he earned his Bachelor of Science

degree in Education Training and Development from Southern Illinois University while at McChord. Meanwhile, he had started to fly privately and was earning additional flight ratings.

Unfortunately, by the time he had finished his degree, he was too old to apply for UPT. He applied twice anyway, and got turned down. Even though the Air Force has raised the age to start UPT over the years, it seemed that Lee was always older than the latest change. Over the years, the Air Force has moved the maximum start age for UPT from 27-1/2 years to 30 years.

So when he was 31, Lee struck a deal with the 79th ARS. If they sponsored and supported him in his attempt to get an officer commission and go to UPT, he would serve in the unit for ten years. In addition to that, he needed an age waiver.

Lee remembers when he found out he had been awarded the slot. "I was flying as engineer on board with Col. Jim Leli, the vice wing commander. The chief engineer came aboard with the other pilots. I came down the stairs to get off the aircraft and my entire squadron was there. They doused me with champagne and told me I'd gotten my age waiver."

In May 2000, he resigned his ART position and was re-activated for Officer

Training School and UPT. He graduated from UPT this October from

Laughlin AFB, TX.

He will be active until

September of 2002, and his next move is to go to the Boeing KC-10 school here at Travis AFB in early January.

For those who are pursuing their dreams, Lee advises: "Get your education—you can't proceed without it. And never give up. Never let people tell you that you can't get it. If you want it, get it. And be careful what you ask for, because you might just get it."

How did he do it? "I've never stopped doing something. It's always been something—I've always tried to do as much as I could. My first goal was to continue and stay in the military. Although my secondary goal was to get enough hours to fly with a civilian company if I had to, I wanted to fly with the military because of all my previous Air Force experience."

2nd Lt. Lee is originally from Orchard Park, N.Y., and his parents came out for his pinning. They were very happy.



Anheuser-Busch Co. Inc.: The Travis Air Force Base Honor Guard retire an old flag from the Anheuser-Busch Brewery in Fairfield, Nov. 9. The Anheuser-Busch Co. Inc. has offered free admission to its amusement parks. Under the original offer, military people could visit specified parks an unlimited number of times through Dec. 31. Their immediate family, when accompanied by the servicemember, could visit one time free through Dec. 31. The offer now has been extended to May 31 for all deployed military people and their families. For more information, servicemembers or their family members may contact one of the parks. (Photo by Audrey Quillen)

WING CIVIL SERVICE VACANCIES

UNIT	SERIES	ART	NON-ART	# OF VAC	REMARKS
349 AMW/FM	GS-0318-04		X	1	Secretary
349 AES	GS-0301-12	X		1	Medical Administrative Officer
45 APS	GS-0303-07	X		1	Resource Management Assistant
70 ARS	GS-2181-14	X		1	Aircraft Operations Officer
79 ARS	GS-0303-07	X		1	Operations Technician
312 AS	GS-2181-14	X		1	Aircraft Operations Officer
82 APS	GS-0303-07	X		1	Resource Management Assistant
349 AMDS	GS-0301-09	X		1	Supervisory Medical Adm Specialist
349 AMDS	GS-0344-07	X		1	Management Assistant
349 AGS	WG-8268-10	X		1	Aircraft Pneudrolic Systems Mechanic
349 AGS	WG-2892-10	X		1	Aircraft Electrician
349 AGS	WS-8801-08	X		1	Aircraft Overhaul Supervisor
349 AGS	WG-8852-10	X		1	Aircraft Mechanic
349 CRS	WS-8602-09	X		1	Aircraft Engine Mechanic Supervisor
349 EMS	WG-6641-10	X		1	Ordnance Equipment Mechanic
349 EMS	WG-8852-10	X		1	Aircraft Mechanic
349 EMS	GS-0326-04		X	1	Office Automation Clerk
349 LG	WG-8602-11	X		1	Aircraft Engine Work Inspector
349 LG	GS-1601-9/11	X		1	Aircraft Maintenance Manager
749 AGS	WS-8801-08	X		1	Aircraft Overhaul Supervisor
349 CS	WG-2604-11	X		1	Electronic Mechanic
349 MSS	GS-0204-05	X		1	Military Personnel Clerk
349 MSS	GS-0204-07	X		1	Supervisory Military Personnel Technician
349 MSS	GS-0326-04		X	1	Office Automation Clerk

The above civil service vacancies are provided by the 349th Mission Support Squadron and will be announced quarterly in the magazine. For more information about these jobs, please call the Travis Civilian Personnel Office at (707) 424-3067. Group POCs are: 1st Lt. Terry Cotter, 349th AMW, (707) 424-3922; Chief Master Sgt. Mark Kloeppe, 349th MDG, (707) 424-7301; Chief Master Sgt. Anne Kohutanyez, 349th SPTG, (707) 424-3861; Master Sgt. Dave Taillon, 349th LG, (707) 424-0715; and Ms. Karen Lobeck, 349th OG, (707) 424-2108.

Air Force Aid eligibility expands to annual tour

Air Force Aid Society now offers emergency financial aid to reservists on annual tour and provides assistance at more Air Force Reserve Command locations.

In the past, reservists had access to Air Force Aid if they were called to active duty for 30 days or more, but now assistance is available for those on orders for 15 days or more. The expanded eligibility is particularly helpful for those deployed overseas in support of Aerospace Expeditionary Force and other mission requirements.

"The change is recognition of Air Force Reserve Command's increased participation in real-world missions," said Linda Rosso, chief of AFRC's family matters.

"Establishing a relationship with the Air Force Aid Society to communicate the Air Force Reserve mission and what our reservists and families need has been the

focus for the past year," she said. "Air Force Aid Society has been extremely supportive of the Air Force Reserve."

In addition to expanded eligibility, Family Support Offices now offer Air Force Aid Society assistance at 15 more AFRC locations, as well as Lackland AFB, Texas. The Air Force Aid Society has been on active-duty Air Force bases since Gen. Hap Arnold founded it in 1942.

Reservists and their families can still go to a local Red Cross office for emergency assistance if they are not near a base. If a member is deployed, the family must have a power of attorney to receive assistance.

Examples of aid include money for basic living needs, emergency travel, car repairs and funeral expenses. Other situations the AFAS programs help with are family separation, childcare problems and emergency assistance loans and grants.

Another way the society has helped recently is to assist called-up members

with pay and medical issues until the paperwork is updated by the Military Personnel Data System.

"We are assisting members and their families with financial concerns due to the recent call-ups," Rosso said. "Whether the member needs extra money until he or she is paid or if there are medical bills to pay, Family Support is providing assistance at all 39 major unit locations."

"Air Force Aid Society looks at a person's situation on a case-by-case basis," Rosso said. "When the wife of a reservist who was not on orders had difficulty giving birth to premature twins, AFAS stepped in to pay the medical bills. People who have extreme hardships should seek assistance, regardless of their duty status."

Rosso said the changes in the program are new and permanent additions to the Family Support program. (AFRC News Service)

Requirements for promotion



TO AIRMAN

- * 6 months time in grade as E-1
- * Time in grade begins when member enters IADT



TO AIRMAN 1ST CLASS

- * 6 months time in grade as E-2
- * Time in grade begins when members enters IADTs



TO SENIOR AIRMAN

- * 3-skill level in primary Air Force speciality code
- * 8 months time in grade as E-3
- * 1 year satisfactory service
- * Time in grade begins when member enters IADT



TO STAFF SERGEANT

- * 5-skill level in PAFSC
- * 12 months time in grade
- * 3 years satisfactory service and completion of Airman Leadership School



TO TECHNICAL SERGEANT

- * 7-skill level in PAFSC
- * 18 months time in grade
- * 5 years satisfactory service
- * Assigned to Tech. Sgt. slot



TO MASTER SERGEANT

- * 7-skill level in PAFSC
- * 24 months time in grade
- * 8 years enlisted service
- * 8 years satisfactory service
- * Assigned to Master Sergeant slot
- * Completion of NCO academy in residence or by correspondence



TO SENIOR MASTER SERGEANT

- * 7 or 9-skill level in PAFSC
- * 24 months time in grade
- * 10 years enlisted service
- * 11 years satisfactory service
- * Assigned to senior master sergeant slot
- * Completion of Senior NCO Academy in residence or by correspondence



TO CHIEF MASTER SERGEANT

- * 9-skill level in PAFSC
- * 24 months time in grade
- * 10 years enlisted service
- * 14 years satisfactory service
- * Assigned to a chief master sergeant slot

Looking to get promoted?

....know the steps involved

The Reserve enlisted promotion program is different from active duty in many ways and is on special concern to management for the Air Force reservist.

Reserve enlisted promotions are limited to the authorized grade the reservist holds after the grade of staff sergeant. Upward mobility is limited to the number of higher-grade positions available.

Listed below and in the box to the left are tips to follow along your career progression.

Airmen in retraining status: Cannot be promoted in the new AFSC until completion of technical school, if required, and the 3-skill level has been awarded in the new AFSC.

For promotion to all grades: The individual must be a satisfactory participant, be in compliance with weight and body standards, and be recommended by the supervisor and approved by the commander.

Enlisted promotions throughout the Reserve are made on the first day of January, March, May, July, September and November. Two months before each promotion month, the personnel data system generates a promotion eligibility roster. This roster identifies all enlisted members eligible for promotion during the cycle.

As you climb the enlisted structure you will be required to fulfill certain professional military education requirements. To learn more about PME eligibility requirements for each grade level or to enroll in any of the courses contact your unit education and training manager or call the military personnel flight at (707) 424-2931.

Completing travel vouchers correctly ensures timely pay

The 60th Comptroller Squadron recently underwent a staff assistance visit. During the inspection the team found several errors in which reserve travel vouchers were being paid.

To assist the 60th Comptroller Squadron and to ensure your travel pay is paid as quickly as possible and for the correct amount the following tips are offered:

* **There is to be no pen and ink changes to the orders.** This includes the stamp that changes the start and end date. However, this doesn't include the seven day variation or 100 percent rule.

* **Reservists can no longer file "in place" vouchers.** Members need to file their voucher after completion of their duty, not each order separately. (File consecutive multiple orders all at one). If the tour goes over 30 days file for an accrual/interim voucher to get government charge card items paid.

* **Reservists filing mileage only vouchers:** the traveler is authorized one round trip mileage. (No tolls, ATM fees, Visa fees). In commuting status the traveler shouldn't be using their government charge card.

* **For reservists traveling on flight orders:** they must have a 938 or a 1610 attached. This form is required because reservists must be on some type of duty to be authorized travel.

People with questions can call Tech. Sgt. Karen Foster, chief travel pay support for the 60th CPTS, at (707) 424-3024.

Air Force performs cholesterol testing, requires personal responsibility

By Lt. Col. Robert Saunders

349th AMDS

As a member of the Air Force Reserve, you are required to have a Reserve Component Periodic Health Assessment, with lab work, including a cholesterol test.

Cholesterol testing begins at age 19 and occurs every 5 years until age 31 for flyers and age 43 for non-flyers, at which time it is tested every 3 years until retirement.

Although the test is necessary to “fill a square” and keep you current in your military role, it has real meaning for you as an individual. If the system works correctly, you should receive a letter from the 349th AMDS informing you of your results, with advice to see your personal physician if abnormal. If you don’t receive a letter, you should contact the unit to get your results (4-3812).

Remember the Air Force performs the test, but you must take personal responsibility to do something about abnormal results. Why is that important? The following is information that I hope will help answer that.

Cholesterol is a type of fat, which is important for life. It is the building block of many substances including the cell membrane of every cell in our body, digestive “bile” released by the gall bladder, the “sex hormones”, Vitamin D and other important substances. Thus cholesterol is not all bad. We have to have some, but the liver can make all we need. However, if the level is too high, it can be deposited in tissues, specifically the arteries, causing them to narrow and not carry enough blood to vital organs such as the brain (stroke) or heart (heart attack).

This is called arteriosclerosis or atherosclerosis. Heart disease is still the number one killer in this country. Treatments now exist that have been proven to lower the risk of heart attacks and stroke by 25-40 percent, so knowledge of your personal level is important.

High cholesterol is most frequently caused by a combination of diet and genetic factors. Even people with “great genes” for cholesterol metabolism, can overwhelm the system with a high fat diet,

inactivity and being overweight.

Cholesterol cannot dissolve in the bloodstream, and needs proteins called lipoproteins, to “carry” it around. “Bad” cholesterol is carried on a molecule called LDL (low-density lipoprotein), which has the tendency to release cholesterol into the tissues, including the artery walls. A smaller molecule called HDL (high-density lipoprotein) is also called the “good” cholesterol, because it can bring cholesterol back from the tissues including the arterial wall, to the liver. The higher the HDL and the lower the LDL, the less likely someone will develop blockages, although no level can guarantee this.

“Oxidized” cholesterol is far more toxic than non-oxidized cholesterol because it causes an inflammatory response in the blood vessel wall allowing more cholesterol deposition. That is why you have heard a lot about “antioxidant” therapies, including certain foods and vitamins.

Triglycerides are another type of fat that is associated with adverse health consequences. Many persons with high cholesterol also have high triglycerides.

It is therefore difficult to see if triglycerides create their own effect, or if all of the increase in problems with arteriosclerosis are simply due to the fact

that high triglycerides go along with the high cholesterol. They are carried on many of the same lipoproteins as cholesterol, including a molecule called VLDL (very low-density lipoprotein), and even though they don’t get deposited in the vessel wall, this would argue that they must be exerting some influence. Treatment then is recommended.

Desired values for the population as a whole are: Cholesterol less than 200, HDL greater than 35, LDL less than 130, CHOL/HDL ratio less than 3.5 and triglycerides less than 200.

You will find references that vary somewhat with these figures, but overall they represent reasonable recommendations. Also, much lower values are sought for persons with other risk factors or who already have heart disease. Treatment works: for every 1 percent reduction in your cholesterol, your cardiac risk is reduced by 2 percent; for every 1 mg/dl increase in your HDL (good cholesterol) your risk is reduced by 2-5 percent.

So don’t be passive about your cholesterol (or triglyceride). If your values are abnormal, talk to your physician and get on a treatment program. The Air Force Reserve wants you to be healthy, but your health is in your hands.

Desired levels:

Cholesterol less than 200



HDL greater than 35



LDL less than 130



CHOL/HDL ratio less than 3.5



Triglycerides less than 200



Suicide prevention

Requires team effort to combat

By Chief Master Sgt. Mark Kloeppel

349th MDG

When the Sacramento Kings Power Forward Chris Webber sprained his ankle the team went into action. His team mates knew immediately he was hurting and whisked him off the court. His coach had him taken care of by the best assembled experts in the field of sports medicine.

Just as the Professional Basketball team takes care of one of its teammates we in the Air Force must have a team approach to suicide prevention.

"Offense is the essence of air power"

Gen. H. H. 'Hap' Arnold, USAAF

Our team's "offense" is to combat suicide rates by instilling in every Air Force member the understanding that suicide prevention is a team problem. **And each of us must be Unit Gatekeepers.** This includes unit supervisors at all levels. Because supervisors are responsible to know their people and to recognize when something is not right, they can help guide their people through the "gate" into the system of support services. Just as aircraft commanders are expected to know when their pilots are safe to fly, every commander is expected to know when his/her people are having problems that place them at risk. This awareness is particularly true for potential suicide; we need to take immediate and appropriate action.

"In the development of air power, one has to look ahead and not backward and figure out what is going to happen, not too much what has happened"

Brig. Gen. William 'Billy' Mitchell

Just as Mitchell said we have to figure out what is going to happen. With this approach we must take very seriously any signs of suicidal behavior. These may include: explicit statements about suicide, acting-out behavior such as rehearsals or mini-attempts, self-inflicted injuries, reckless behavior, making out a will, giving away possessions, inappropriately saying goodbye, and odd verbal behavior (such as "you won't have to worry about me, anymore").

Be aware of the Do's – How to help

- ☐ Be aware of self and others
- ☐ Learn the suicide warning signs
- ☐ Show interest, be supportive, & be available
- ☐ Take all threats seriously
- ☐ Offer hope that help is available
- ☐ Be direct – ask if a person:
- ☐ Is thinking about suicide
- ☐ Has a plan; what a person might do
- ☐ Has access to guns, pills, etc. Listen. Help them talk.
- ☐ Offer hope that help is available
- ☐ Get help. Get Support

Signs of suicidal behavior



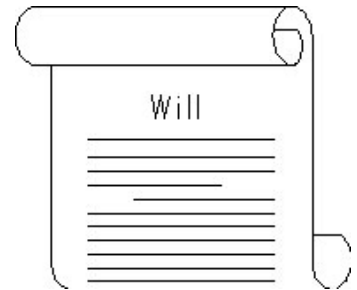
Self-inflicted injuries



Giving away possessions



Inappropriately saying goodbye



Making out a will

Be aware of the Don'ts

- ☐ Don't blow them off as not being serious
- ☐ Don't minimize their hurt
- ☐ Don't be judgmental
- ☐ Don't lecture or debate
- ☐ Don't dare a person to do it
- ☐ Don't be shocked
- ☐ Don't be sworn to secrecy
- ☐ Don't assume they will be okay
- ☐ Don't leave the person alone, once you have determined he or she is suicidal

The AFRC Suicide Prevention and Violence Awareness Education Program relies on unit cohesion with emphasis on self-aid and buddy care. Direct unit commander and supervisor involvement is crucial to this program's success. Strategy should include a concerted effort to destigmatize self-reporting and help-seeking behavior. The program relies heavily on a team approach to achieve synergy and maximize the utilization of varied wing resources. The program employs various means of presentation to achieve optimal effect. Advance knowledge is excellent prevention. If your friend or companion needs someone to call on in a crisis you can be that someone.

PROMOTIONS



Senior Master Sergeant

Catherine M. Goff 349th ASTS
Arthur C. Viens 349th LSS
John E. Vergara 349th CES
Farrell M. Savagelow 349th CES



Master Sergeant

Michael A. Abad 45th APS
Jonna A. Guin 349th OG
Stanley A. Mozak 349th SFS
Antonio P. Dandoy, Jr. 349th CES
Emiliana C. Harris Det. 1
Deborah K. Proctor Det. 1
Jan P. Edison 349th CRS
Carmen W. Madia 349th OSF
Ruben T. Sy 349th MDSs



Technical Sergeant

Mark A. Brown 349th SFS
Mark A. Ernst 349th SFS
Charlesetta E. Lowery 349th CRS

Donald P. Mora 70th ARS
Victoria J. Perez 349th CRS
Vincent A. Turley 349th ASTS
Joe L. Campbell, Jr. 55th APS
Paul J. Hansen 349th SFS
Bianka M. MacMillan 349th ASTS
Clinton P. Murray 82nd APS
Charisse I. Rodriguez 349th ASTS
Timothy W. Turner 349th MDS
Laura L. Clay 312th AS
Donald J. Lemas 349th CES
James W. Miller 349th MSS
Steven W. Odom 349th CES
Larry S. Tow 349th CES
James A. Caballero 349th LSSs



Staff Sergeant

Ernesto B. Alvarez 349th MDS
Rebecca M. Henrichsen 349th CS
Patricia L. Snyder 349th MDS
Kristian S. Cuyugan 349th MAS
Mendy L. Ruiz 45th APS
Elizabeth Waechter 349th ASTS
Matthew E. Fisher 70th ARS
Chanda M. Shipp 349th MAS



Senior Airman

Humberto R. Abiera, II 82nd APS



Airman First Class

John P. Duquette 749th AGS



Airman

Tonya S. Gehring 349th ASTS
Julio C. Ramirez, Jr. 45th APS
Kanitha Nguyen-Matoury 349th MSS

QUARTERLY MAINTENANCE

AWARD WINNERS

Senior NCO of the Quarter

MSgt. Timothy E. Fuller

NCO of the Quarter

TSgt. Richard A. Ziesche

Airman of the Quarter

SrA Jackie S. Rullan



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Contact magazine is printed for reservists like Lt. Col. Steve Cornell, 312th Airlift Squadron commander.

